

**NEWS RELEASE**  
**FOR IMMEDIATE RELEASE**

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**AUGUST GOOD-TIME ACTIVITIES IN SUFFOLK**

SUFFOLK, VA (August 6, 2009): The following variety of good-time activities are offered in the City of Suffolk during the month of August:

**Great Dismal Swamp National Wildlife Refuge Narrated Bus Tour**

**1, 8, 15, 20 & 22:** Witness the aftermath of the 2008 wildfire that swept through the Great Dismal Swamp, burning acres of forest and displacing wildlife. Discover the rebirth of the Great Dismal with a half-day narrated bus tour. Tours depart from the Suffolk Visitor Center, 321 N. Main Street, at 9:30 a.m. and return at 1:30 p.m. The cost is \$10 for adults and \$8 for seniors and children. Suffolk Visitor Center, 514-4130.

**Cynthia Rector-Jones Exhibit**

**1-28:** View this exhibit by the winner of the 2008 Suffolk Art League Juried Exhibit. Suffolk Museum, 514-7284.

**T.G.I.F. Summer Concert Featuring "Cedar Creek"**

**7:** Unwind at Bennett's Creek Park after a long work week! Enjoy music, food and great company. "Cedar Creek" offers country music with their unique style. Cedar Creek is the next generation of great country music! This free and open to the public event is from 5:30 to 9:00 p.m. Suffolk Parks and Recreation, 514-7267.

**T.G.I.F. Summer Concert Featuring "Overtime Band"**

**14:** Unwind at Bennett's Creek Park after a long work week! Enjoy music, food and great company. "Overtime Band" performs dance, pop, classic, southern rock, beach, blues and old school R&B music. This high-energy dance band will make you dance all night. This free and open to the public event is from 5:30 to 9:00 p.m. Suffolk Parks and Recreation, 514-7267.

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**Historic Suffolk Narrated Bus Tour**

**15:** Sue Woodward, local historian, will take you through historic downtown Suffolk revealing the city's rich heritage, which dates back to the early 17<sup>th</sup> century. Discover why Captain John Smith came to our historic city. Learn about the Nansemond Indians and how the Nansemond River contributed to the city's economic growth. The Historic Suffolk Narrated Bus Tour will introduce you to the people of the past, while showcasing the city's rebirth. The tour departs from the Suffolk Visitor Center, 321 North Main Street, at 3:00 p.m. and returns at 4:30 p.m. The cost is \$6 for adults and \$4 for seniors and children. Suffolk Visitor Center, 514-4130.

**8<sup>th</sup> Annual Hobson Village Reunion**

**15:** Experience the journey of the Africans who in 1619 settled the first African English-speaking colony in North America through performances by Legacy of Weyanoke. This year the reunion will be held adjacent to the Mount Lebanon C.O.G.I.C. This event free and open to the public from 2:00 to 8:00 p.m. Enjoy live entertainment, games, crafts and food. Suffolk African American Cultural Society, 582-8895.

**Nansemond Indian Tribal Pow Wow**

**15:** Celebrate with the Nansemond Indians at this two-day cultural event that includes music, dancing, authentic crafts and food. Suffolk Parks and Recreation, 514-7250.

**T.G.I.F. Summer Concert Featuring "English Channel"**

**21:** Unwind at Bennett's Creek Park after a long work week! Enjoy music, food and great company. Enjoy rock and roll music from the mid-1960s to the mid-1970s. This free and open to the public event is from 5:30 to 9:00 p.m. Suffolk Parks and Recreation, 514-7267.

**T.G.I.F. Summer Concert Featuring "Island Boy"**

**28:** Unwind at Bennett's Creek Park after a long work week! Enjoy music, food and great company. Enjoy the sounds of rock, funk, soul, R&B and a touch of reggae. This free and open to the public event is from 5:30 to 9:00 p.m. Suffolk Parks and Recreation, 514-7267.

**Canoe in the Great Dismal Swamp**

**29:** Join Liquid Lessons for a half-day, guided canoe tour of Lake Drummond in the Great Dismal Swamp. Tour departs from the Suffolk Visitor Center, 321 North Main Street, in downtown. All equipment for this in-depth tour is provided by Liquid Lessons. Participants must be 8 years or older and accompanied by a parent or legal guardian if younger than 12. Suffolk Visitor Center, 514-4130.

**Great Dismal Swamp 35<sup>th</sup> Anniversary Celebration**

**29:** This one-day event will celebrate the 35<sup>th</sup> anniversary of the Great Dismal Swamp National Wildlife Refuge with activities for the entire family. Enjoy bus tours to Lake Drummond, guided walks, a town hall meeting featuring current and past refuge managers, a panel discussion devoted to the Underground Railroad and maroon residents, workshops and a refuge fire presentation. The event begins at 8:00 a.m. and ends at 5:00 p.m. Free and open to the public. Reservations required for walks, tours and workshops. Great Dismal Swamp Refuge Office, 986-3705.

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